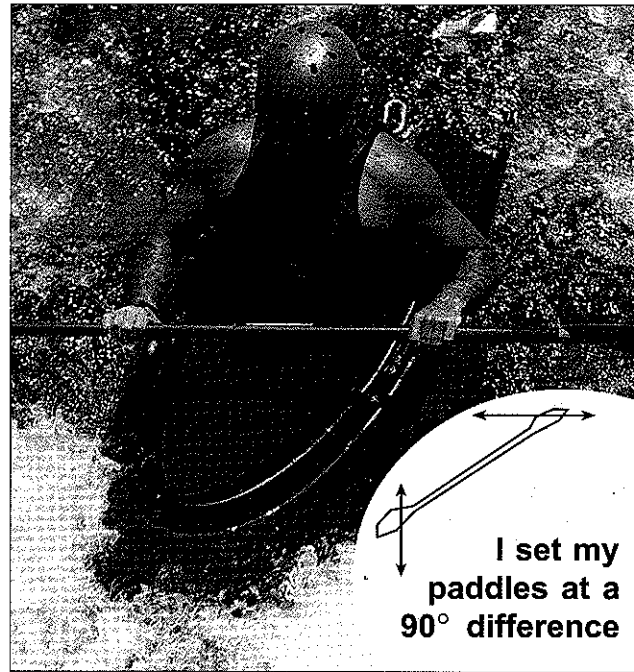


32. Less Television, More Exercise!

I use to lay on the couch all day. In fact, clicking my remote control was the most exercise I got. My other sport was twisting my wrist to drink sodas. Then dr. Snow said I should be more active and move more quick. I threw down that remote of my and got several peices of kayaking eqwipment. The helmet protects my head so that I can continue to watch and understand the soap operas. The splash skirt keeps the water out of my Cola can. Oh yes, the vest might save my life if I'm tossed from the kayak. My paddle ends are set exactly the same to make it easy on the wrists. Now, I think that kayaking is the better one of my three sports.



When kayaking, you dig into the water while rotating the paddle in a figure eight. The paddle ends can be offset to make your movements easier. The splash skirt keeps water out. The helmet and life vest could save you!

Find the 10 errors in this activity. There are no errors in the illustration or the caption.
